Be there for your child during shots.

Before shots

During shots

After shots

At home

Before shots

Infants:

- Bring your child's immunization record.

- Read vaccine information statements.

- Ask any questions.

- Bring along a favorite toy or blanket.

- Stay calm–your baby picks up your feelings.

Toddlers–All above, plus:

- Reassure your child honestly, "It might sting but it will only last a few seconds."

- Never threaten your child with shots, "If you are not good, I will have the nurse give you a shot."

- Encourage older siblings to reassure and comfort, not to scare your toddler.

During shots

Infants–Distract and comfort by:

- Touching soothingly and talking softly.

- Making eye contact as you smile at him/her.

Toddlers–Also try:

- Holding your child securely on your lap.

- Talking to or singing with your child.

- Helping your child take deep breaths and slowly blow out the pain.

- Using a hand puppet.

- Pointing out posters or objects around the room.

- Telling your child a story or have him/her tell you one.

- Allowing your child to cry, don't force him/her to be brave.

After shots

Infants–Comfort by:

- Holding, cuddling, caressing, and/or breastfeeding

- Talking lovingly and soothingly.

- Asking your doctor for advice on using a non-aspirin pain reliever when you get home.

Toddlers–Also try:

- Giving praises and hugs or a surprise.

- Reassuring your child that everything is okay.

At home

- Mark your calendar for your next appointment.

- Review vaccine information statements for possible reactions.

- A cool wet cloth can reduce redness, soreness, and/or swelling where the shot was given.

- Observe your child for the next few days. You might see a small rash or notice a fever. If your child has any reaction that concerns you, call your doctor or seek medical attention.

- To reduce pain or fever, your doctor may recommend you give your child a non-aspirin pain reliever.

- Also try giving your child a sponge bath with lukewarm water to reduce fever.

- Give your child plenty of fluids. It is normal if he/she eats less than usual for the next 24 hours.

IMMUNIZATION TECHNIQUES
Safe • Effective • Caring

A parent's love makes all the difference.